The Relationship **Between Paint & Mood**

Painting is one of the easiest and least expensive ways to transform the look of a space. The colors homeowners choose for their walls can give rooms their own unique feel and even affect the moods of the people within them.

Finding the right shade for a bedroom or kitchen involves more than just selecting the first color that catches your eye. Design experts and psychologists alike say it may be worthwhile to choose a color that helps you feel good rather than just following design trends. The paint color you pick may add energy to a space or create a tranquil retreat where you can unwind at the end of the

Blue

To create a spa-like environment and a more serene space, look to shades of blue in soft variations. Cool blues are soothing colors that can help lower stress levels and promote sleep. That's why blue is a frequent fixture in bedrooms and bathrooms. Just be advised that too much blue can make a room appear cold and stark, so balance out blue with some warmer accents.

Orange

Many people do not immediately consider bright orange for their homes, but when used as an accent shade, orange can really brighten up a home. Orange

Water

Restoration

is considered a shade that expands creativity and imparts a youthful appeal to a space. Consider an orange accent wall or a burst of color with orange throw pillows. If pumpkin orange is a little too bold for you, tone it down by choosing a more pastel, peachy hue, which is equally warm and energizing.

Red

Red stimulates energy and appetite, which is why the shade is so popular in restaurants and home dining spaces. Red is a good choice for social gathering rooms but may not be the wisest choice for a bedroom, as the color may prove overstimulating.

Green

Green can evoke composure and tranquility and works in any room of the house. Since green is the primary color of nature, it also works well for those people who want to bring some of the outdoors inside and work with the fresh starts and new growth that green can inspire. To make green feel less subdued and sleepy, work with its complementary opposite, red, by using a few bold red accents here and there to balance out the tranquility of green.

Purple

People have long related purple to royalty, and this dramatic color can add a

■ MOOD, Page?



The Many Benefits of Hiring a Professional Landscaper



The flowers are blooming, and the grass has begun to grow anew, making spring a great time for homeowners to once again turn their attention to landscaping. Those who arenOt looking forward to dusting off their lawnmowers and rethreading their string trimmers may want to hire professional landscapers to tend to their lawns and gardens.

A recent joint study by the National Gardening Association, Residential Lawn and Landscape Services and the Value of Landscaping found that homeowners spend roughly \$45 billion per year on professional lawn and landscape services, as nearly 30 percent of all households across the United States use at least one type of lawn or landscape service. The rising use of lawn care services is indicative of homeownersÕ appreciation of the convenience and craftsmanship professional services can provide. While the impact professional landscapers can have on a propertyOs aesthetic appeal is considerable, homeowners also benefit from working with professional landscapers in various other ways.

• Time savings: One of the biggest benefits of leaving lawn care to the professionals is the amount of time it will save for the average homeowner. Lawns generally need to be mowed

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per week during the spring and

summer seasons and, depending on the size of the property, that can take an hour or more. Add the time it takes to clean up clippings, mulch landscaping beds and edge the property, and homeowners can expect to devote a significant chunk of their weekends to caring for their lawns. Lawn services employ a few workers who make fast work of the job, leaving homeowners time to enjoy their weekends however they

 Reduced risk for injury: Maintaining a landscape is hard work, and those unaccustomed to this type of activity may find themselves winded or at risk of injury. Improper use of lawn equipment also is a safety hazard. Leaving the work to professionals can help homeowners avoid strained backs, lacerations, pulled muscles, sunburns, and any other dangers that can result when tackling landscaping projects.

• Financial savings: On the surface, hiring a landscaping service may seem like a costly venture. However, after crunching some numbers, many homeowners realize that doing the work themselves may cost more in the long run than hiring a professional landscaping service. Homeowners who decide to go it. alone must purchase expensive equipment, and those lawn tools will require routine maintenance, which costs additional money. Inexperienced homeowners may incur extra fees to "fix" mistakes that occur during the learning process. Each year, new seed, fertilizer, mulch, pesticides, and other supplies also must be purchased. But professional lawn care services typically charge a set fee per month, and that fee

property and the equipment needed to keep that property looking great.

- Know-how: Many professional landscapers know how to address lawn care issues that may arise throughout the year. They will know how to deal with dry patches of lawn or poorly draining areas, and they also can make recommendations on plants that will thrive under certain conditions.
- One-stop shopping: Certain landscaping services provide many different options for prospective customers. Basic lawn cuts may be one package, but there also may be services for seasonal seeding, weeding, leaf clean-up, and winterizing.
- Consistent maintenance: Homeowners who frequently travel or spend much of their summers away from home often find that lawn care companies are a wise investment. Established weekly schedules ensure the landscape always will look its best whether homeowners are home or out of

Spring is a great time for homeowners to decide if hiring professional landscaping services is in their best interests. The time and money saved as well as impacprofessional landscapers can have on a property, makes landscaping services a great investment for many homeowners.

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